

KROC GROUP EXERCISE: MORNING CLASS SCHEDULE

DECEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	1	2	
<p>Highlighted classes are at new time or are new to the schedule!</p>	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a Virtual Ride • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • Gym 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
	3	4	5	6	7	8	9
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • Gym 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
	10	11	12	13	14	15	16
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • Gym 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym	8:00a \$ Kroc Fit • KF 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS Group Fit Mixer 10:00a-11:30a Free to members, only \$5 for guests. Sprint-Body Pump-Yoga	
	17	18	19	20	21	22	23
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • KF 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • KF 8:30a Barre • GFS 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym No Silver Sneakers	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
24	25	26	27	28	29	30	
<p>*Ex* - Denotes 30-min express class</p> <p>\$- Denotes additional fees for Kroc Fit Program</p>	<p>Merry Christmas! <i>Facility closed</i></p>	<p>Modified hours 9a-5p</p> 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • KF 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • KF 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • KF 8:30a Barre • GFS 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym No Silver Sneakers	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	

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December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	1	2	
Highlighted classes are at new time or are new to the schedule!	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:00p \$ Kroc Fit • KF 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • Gym 6:00p Yoga II/III • GFS 6:30p BODYPUMP • Gym 7:00p BODYCOMBAT • GFS	5:30p Yoga All Levels • GFS 5:30p *Boot Camp Ex • Gym 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p BODYCOMBAT • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • Gym 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p Virtual Ride • SS Community Zumba 6:00p-7:30p Free to members, only \$5 for guests.		
	3	4	5	6	7	8	
	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:00p \$ Kroc Fit • KF 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 5:30p *Boot Camp Ex • Gym 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p BODYCOMBAT • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p Zumba • GFS		
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	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:00p \$ Kroc Fit • KF 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 5:30p *Boot Camp Ex • Gym 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p BODYCOMBAT • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p Zumba • GFS		
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24	25	26	27	28	29	30	
<p>* - Denotes 30-min express class</p> <p>\$- Denotes additional fees for Kroc Fit Program</p>	<p>Merry Christmas! Facility closed</p>	<p><i>Modified hours 9a-5p</i></p>	5:30p Yoga All Levels • GFS 5:30p *Boot Camp Ex • Gym 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p BODYCOMBAT • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p Zumba • GFS		



krocgreenville.org
Main Facility • (864) 527-5948 • 424 Westfield Street, Greenville, SC 29601
Tennis Center • (864) 241-2116 • 205 Gibbs St. Greenville, SC 29601

Classes and times are subject to change.
Please check KrocGreenville.org and our Facebook page for updates.

Express classes are 30 minute classes